



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09194, Olives, ripe, canned (jumbo-super colossal)

Report Date: June 30, 2017 15:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 super colossal 15g	1 jumbo 8.3g
Proximates						
Water	g	84.34	2	--	12.65	7.00
Energy	kcal	81	--	--	12	7
Energy	kJ	339	--	--	51	28
Protein	g	0.97	2	--	0.15	0.08
Total lipid (fat)	g	6.87	2	--	1.03	0.57
Ash	g	2.22	2	--	0.33	0.18
Carbohydrate, by difference	g	5.61	--	--	0.84	0.47
Fiber, total dietary	g	2.5	--	--	0.4	0.2
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	94	2	--	14	8
Iron, Fe	mg	3.32	2	--	0.50	0.28
Magnesium, Mg	mg	4	--	--	1	0
Phosphorus, P	mg	3	--	--	0	0
Potassium, K	mg	9	2	--	1	1
Sodium, Na	mg	735	51	16.383	110	61
Zinc, Zn	mg	0.22	--	--	0.03	0.02
Copper, Cu	mg	0.226	2	--	0.034	0.019
Manganese, Mn	mg	0.020	--	--	0.003	0.002
Selenium, Se	µg	0.9	2	--	0.1	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	1.5	2	--	0.2	0.1

Nutrient	Unit	1			1 super colossal		1 jumbo	
		Value Per 100	Data points	Std. Error	15g	8.3g		
Thiamin	mg	0.003	--	--	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	--	--	0.000	0.000	0.000	0.000
Niacin	mg	0.022	2	--	0.003	0.002	0.002	0.002
Pantothenic acid	mg	0.015	--	--	0.002	0.001	0.001	0.001
Vitamin B-6	mg	0.012	2	--	0.002	0.001	0.001	0.001
Folate, total	μg	0	--	--	0	0	0	0
Folic acid	μg	0	--	--	0	0	0	0
Folate, food	μg	0	--	--	0	0	0	0
Folate, DFE	μg	0	--	--	0	0	0	0
Choline, total	mg	6.6	--	--	1.0	0.5	0.5	0.5
Vitamin B-12	μg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	μg	17	--	--	3	1	1	1
Retinol	μg	0	--	--	0	0	0	0
Carotene, beta	μg	204	--	--	31	17	17	17
Carotene, alpha	μg	0	--	--	0	0	0	0
Cryptoxanthin, beta	μg	8	--	--	1	1	1	1
Vitamin A, IU	IU	346	2	--	52	29	29	29
Lycopene	μg	0	--	--	0	0	0	0
Lutein + zeaxanthin	μg	510	--	--	76	42	42	42
Vitamin E (alpha-tocopherol) ¹⁶	mg	1.65	1	--	0.25	0.14	0.14	0.14
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta ¹⁶	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, gamma ¹⁶	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, delta ¹⁶	mg	0.00	1	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone) ¹⁷	μg	1.4	1	--	0.2	0.1	0.1	0.1
Lipids								
Fatty acids, total saturated	g	0.909	--	--	0.136	0.075	0.075	0.075
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1			1 super colossal		1 jumbo	
		Value Per 100	Data points	Std. Error	15g	8.3g		
10:0	g	0.000	--	--	0.000		0.000	
12:0	g	0.000	--	--	0.000		0.000	
14:0	g	0.000	1	--	0.000		0.000	
16:0	g	0.758	1	--	0.114		0.063	
18:0	g	0.152	1	--	0.023		0.013	
Fatty acids, total monounsaturated	g	5.071	--	--	0.761		0.421	
16:1 undifferentiated	g	0.055	1	--	0.008		0.005	
18:1 undifferentiated	g	4.995	1	--	0.749		0.415	
20:1	g	0.021	1	--	0.003		0.002	
22:1 undifferentiated	g	0.000	--	--	0.000		0.000	
Fatty acids, total polyunsaturated	g	0.586	--	--	0.088		0.049	
18:2 undifferentiated	g	0.544	1	--	0.082		0.045	
18:3 undifferentiated	g	0.041	1	--	0.006		0.003	
18:4	g	0.000	--	--	0.000		0.000	
20:4 undifferentiated	g	0.000	--	--	0.000		0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000		0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000		0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000		0.000	
Fatty acids, total trans	g	0.000	--	--	0.000		0.000	
Cholesterol	mg	0	--	--	0		0	
Amino Acids								
Threonine	g	0.031	--	--	0.005		0.003	
Isoleucine	g	0.036	--	--	0.005		0.003	
Leucine	g	0.058	--	--	0.009		0.005	
Lysine	g	0.038	--	--	0.006		0.003	
Methionine	g	0.014	--	--	0.002		0.001	
Phenylalanine	g	0.034	--	--	0.005		0.003	
Tyrosine	g	0.027	--	--	0.004		0.002	
Valine	g	0.044	--	--	0.007		0.004	
Arginine	g	0.078	--	--	0.012		0.006	
Histidine	g	0.027	--	--	0.004		0.002	
Alanine	g	0.050	--	--	0.007		0.004	
Aspartic acid	g	0.107	--	--	0.016		0.009	

Nutrient	Unit	1			1 super colossal		1 jumbo	
		Value Per 100	Data points	Std. Error	15g	8.3g		
Glutamic acid	g	0.108	--	--	0.016		0.009	
Glycine	g	0.057	--	--	0.009		0.005	
Proline	g	0.047	--	--	0.007		0.004	
Serine	g	0.036	--	--	0.005		0.003	
Other								
Alcohol, ethyl	g	0.0	--	--	0.0		0.0	
Caffeine	mg	0	--	--	0		0	
Theobromine	mg	0	--	--	0		0	
Flavonoids								
Isoflavones								
Daidzein ^{18 19}	mg	0.00	2	--	0.00		0.00	
Genistein ^{18 19}	mg	0.00	2	--	0.00		0.00	
Glycitein ¹⁹	mg	0.00	1	--	0.00		0.00	
Total isoflavones ^{18 19}	mg	0.01	2	--	0.00		0.00	
Formononetin	mg	0.00	1	--	0.00		0.00	
Coumestrol	mg	0.00	1	--	0.00		0.00	

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002

⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2005

¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

¹⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

¹⁶Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

¹⁷S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

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